SAFE IN FAITH DOMESTIC ABUSE SIGNPOSTING TOOLKIT FOR CHURCHES AND FAITH LEADERS

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1. INTRODUCTION

This toolkit is for clergy or pastoral workers offering spiritual support to victims and survivors of domestic abuse through Safe in Faith. The toolkit is focused on safe signposting and is not a comprehensive guide to supporting victims and survivors.

We encourage this toolkit to be used in conjunction with:

- Safe in Faith Training for Catholic Faith Leaders (Please check our website for upcoming training events www.caritaswestminster.org.uk/safe-in-faith/
- National Board of Catholic Women's Domestic Abuse Handbook (Free) https://www.nbcw.co.uk/raising-awareness-of-domestic-abuse-a-resource-pack/
- Restored's Church Guide
- The Black Church Domestic Abuse Forum Toolkit www.bcdaf.org.uk/toolkit/

2. IN AN EMERGENCY

If there is immediate danger call 999 police

- For an emergency protection order
- National Domestic Abuse Helpline (available for all genders) 0808 2000 247 www.nationaldahelpline.org.uk
- Live Fear Free Helpline (national helpline in Wales) 0808 8010 800 www.gov.wales/live-fear-free
- Emergency legal support for female victims www.rightsofwomen.org.uk

3. SIGNPOSTING GUIDANCE THROUGH THE STAGES OF RECOVERY

The support people find helpful changes through their journey. Below is signposting guidance for four different stages.

- Stage 1: Recognising abuse
- Stage 2: Getting safe from danger
- Stage 3: Healing trauma
- Stage 4: Positive living and helping others

Stage 1: Recognition: "I'm not sure if this is domestic abuse"

Signpost to online information about domestic abuse:

- www.womensaid.org.uk/information-support/what-is-domestic-abuse/
- safeinfaith.org.uk/what-is-domestic-abuse/
- Freedom programme to learn with other female survivors www.freedomprogramme.co.uk
- Restored UK Survivors' handbook www.restored-uk.org/survivors/i-need-help/survivors-handbook/
- Counselling – directory of trauma informed, faith literate counsellors and psychotherapists www.safeinfaith.org.uk/support/
- LoveRespect - Empowers young people with the knowledge, confidence, and support to recognise abuse, build healthy relationships, and access help to keep themselves and others safe. www.loverespect.co.uk/

Stage 2. Safety: "I am afraid"

Call 999 if there is urgent danger

Signpost to:

- National domestic abuse helpline: 0808 2000 247 www.nationaldahelpline.org.uk/ (all genders)
- Your local domestic abuse service (This information is available on your local authority website)
- Brightsky App (this is disguised as a weather app for safety and gives information about support in your area)

If someone needs an emergency protection order you can also contact

- Rights of Women www.rightsofwomen.org.uk

See section 4 if someone need specialist support

Stage 3. Healing: "I'm safe now, but I need help to overcome the trauma"

- Restored Survivor's network www.restored-uk.org/survivors/i-need-help/survivors-network/

See section 4 for faith literate counselling support

Stage 4 Positive living: "I want to use my experiences to help other people"

- Opportunities for volunteering:
- Safe in Faith caritaswestminster.org.uk/safe-in-faith/
- Caritas Westminster Volunteer Service www.caritaswestminster.org.uk/volunteer/
- Jewish Volunteering Network www.jvn.org.uk
- Some specialist organisations have opportunities for volunteers. See section 4.

4. SIGNPOSTING TO SPECIALIST ORGANISATIONS

"I need help that understands my identity or community"

Gender & Sexuality

- Specialist support for male victims
  Respect Male Advice Line www.mensadviceline.org.uk helpline 0808 801 0327
- Meet and celebrate with other LGBT+ catholics www.lgbtcatholicswestminster.org
- Specialist support for LGBTQIA+ communities
  Galop www.galop.org.uk National helpline 0800 999 5428 help@galop.org.uk
- Catholics for AIDS Prevention and Support: Support and information for people living with HIV/AIDS
  https://caps-uk.org/

By and for services for women victims from minoritised communities

- Southall Black Sisters www.southallblacksisters.org.uk
- Halo Project www.haloproject.org.uk
- Latin American Women's Rights Service www.lawrs.org.uk

Support for women of faith and faith literate counselling

- Jewish Women's Aid www.jwa.org.uk helpline 0808 801 0500
- Restored UK www.restored-uk.org
- Muslim Women's Network UK Helpline www.mwnuk.co.uk
- Sikh Women's Aid www.sikhwomensaid.org.uk
- Grief to Grace : Restoring Homan Dignity after Abuse www.grieftograceuk.org

General faith-literate counselling

- Safe in Faith Counselling Directory (interfaith) https://caritaswestminster.org.uk/safe-in-faith/
- Support for anyone who has experienced abuse in the Church https://safespacesenglandandwales.org.uk/
- Association for Christians in Counselling and Related Professions www.acc-uk.org
- Muslim Counselling and Psychotherapy Network www.mcapn.co.uk

Specialist help for young people

- The Mix www.themix.org.uk
- Young Minds www.youngminds.org.uk
- LoveRespect - Empowers young people with the knowledge, confidence, and support to recognise abuse, build healthy relationships, and access help to keep themselves and others safe. www.loverespect.co.uk/
- NSPCC www.nspcc.org.uk Helpline 0808 800 5000 (for children and young people or if you are worried about a child) help@NSPCC.org.uk
- Muslim Youth Helpline www.myh.org.uk

Accessible support for Deaf or Disabled people

- SignHealth Domestic Abuse Service for Deaf people www.signhealth.org.uk/with-deaf-people/domestic-abuse/
- Signs of Hope (Accessible faith-literate counselling for Deaf people) www.caritaswestminster.org.uk/dearservice/signs-of-hope/ signsofhope@rcdow.org.uk (voice or text) 07936939522
- Stay Safe East (supporting disabled survivors of abuse) www.staysafe-east.org.uk
- Respond https://respond.org.uk/ (domestic abuse support for people with learning disabilities)

Catholics for AIDS Prevention and Support: Support and information for people living with HIV/AIDS caps-uk.org/

"I need specialist help because of my situation"

Legal help

- Paramily Limited is a family law company with specialist expertise in complex children's cases.
- Rights of Women www.rightsofwomen.org.uk
- FLOWS (Finding Legal Options for Women Survivors) www.flows.org.uk

Support for victims of crime

- Victim support www.victimsupport.org.uk

Insecure immigration status/no recourse to public funds

- Southall Black Sisters www.southallblacksisters.org.uk
- Latin American Women's Rights Service www.lawrs.org.uk
- Rights of Women www.rightsofwomen.org.uk

Harmful Practices

- Forward www.forwarduk.org.uk
- Asian Women's Centre www.awrc.org.uk/
- Karma Nirvana www.karmanirvana.org.uk

Rape and sexual assault

- Rape Crisis www.rapecrisis.org.uk
- New Pathways (Wales) www.newpathways.org.uk
- My body back project (cervical screening and maternity care for survivors of sexual assault) https://mybodybackproject.com/

Support for people affected by trafficking and exploitation

- Modern Slavery Helpline www.modernslaveryhelpline.org 0800 0121 7000
- Human Trafficking Foundation www.humantraffickingfoundation.org
- Caritas Westminster Bakhita House www.caritaswestminster.org.uk/bakhita-house/
- Women at the Well www.watw.org.uk

5. SIGNPOSTING FOR PEOPLE PERPETRATING HARM

- Respect Phoneline (advice for people who think they may be harming the people they love)
- 0808 802 4040

If you suspect that someone claiming to be a male victim may actually be a perpetrator, signpost them to Men's Advice Line 0808 801 0372 www.mensadviceline.org.uk where staff are trained to recognise and signpost people appropriately

6. LEARNING MORE ABOUT SUPPORTING VICTIMS AND SURVIVORS

:Training

- ·Safe in Faith training www.safeinfaith.org.uk/training/
- ·Restored UK Beacon Churches www.restored-uk.org/partner/churches/restored-beacons/
- ·Sikh Women's Aid training www.sikhwomensaid.org.uk/services
- ·Jewish Women's Aid training www.jwa.org.uk/education-and-training/synagogues-and-community/

Resources:

- ·Restored Handbook for Christian Survivors of Domestic Abuse www.restored-uk.org/i-need-help/survivors-handbook/
- ·Domestic Abuse in Church Communities: A Safe Pastoral Response (Nikki Dhillon Keane) www.rpbooks.co.uk/domestic-abuse
- ·SHERA - a global research group/collective who aim to develop research into improving equality and human rights for women and children. Their website hosts a range of articles, podcasts and resources. They are not a frontline service but the site contains links to RESPECT, an accredited to abuse support services for women, men and children of all ages and backgrounds. www.shera-research.com
- Cancer and domestic abuse: A toolkit for professionals This new toolkit was created by Macmillan cancer care, Standing Together Against Domestic Abuse and Bristol University to address the needs of people living with domestic abuse and cancer https://rb.gy/vfrx9d

This resource is a living document and will be periodically updated by Safe in Faith.We have provided information about organisations that we believe provide a good service.We invite you to give us feedback to help maintain the quality of this document
Safe in Faith are not responsible for the service of third party organisations.

Please contact safeinfaith@rcdow.org.uk if you have feedback about this resource or any of the organisations featured, or if you have an organisation you think should be included.